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## USDA BULLETIN BOARD

Broadcast by Ruth Van Deman in the Department of Agriculture portion of National Farm and Home Hour, Wednesday, April 7, 1943, over stations associated with the Blue Network.

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This is Ruth Van Deman with the Department of Agriculture Bulletin Board.

On the Board today are some facts that may help us get the most good from our red ration stamps.

Haphazard shopping is out for the duration, if we're to be well fed. The Department heartily endorses the practice of preparing a shopping list of pounds and points before going to the store.

A family of four has 64 points a week for meat, fats, and cheese. With 64 points, the shopper can get an average of 4 pounds of rationed fat, half a pound of rationed cheese, and six or seven pounds of rationed meat including canned fish. Add to this some unrationed poultry, fish, eggs, and soft cheese, and no one need worry about having enough meats and fats in his diet.

Here are some good dishes you can prepare during the week, using your 64 points and a comparatively small budget:

Swiss steak and onions, chili con carne, braised stuffed heart for two meals; heart-and-vegetable turnovers, stuffed pork liver loaf for two meals; baked fish and vegetables; macaroni and cheese; baked rice, tomatoes, and cheese; onion soup and grated cheese.

If you have somewhat more money to spend, your week's menus might include roast lamb with mint stuffing for two meals; thick vegetable, lamb and barley soup made with scraps of the roast lamb and bone; scrambled brains with eggs; roast stuffed chicken for two meals; noodle soup cooked with the chicken bones and leftover bits; cheese fondue; and cheese and bean loaf.

A whole lot depends on individual tastes. But generally speaking, most people will find it more desirable to cut down the servings of meat so as to have meat often. Many people are learning that variety meats such as liver, heart, and kidney are really appetizing, nutritious foods, and are good buys. Salt pork for seasoning at 4 points a pound is a good substitute for bacon at 8 points. And those who want to save their butter for bread are getting used to cooking with oleomargarine, lard, or other shortening.

These aren't new ideas; they're just some that homemakers are finding helpful.

Now let's look at the market report.

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